

Carers' Champion Newsletter



Autumn 2011

FLU CLINICS 2011

As a carer you may be worried about getting the flu because it would affect your ability to care for the person you're looking after.

It is Government policy that the flu vaccine should be offered to the main carer for an elderly or disabled person, whose welfare may be at risk if the carer falls ill.

The vaccine takes around ten days to work and will protect you from flu for around a year. It's important that you get vaccinated annually as the seasonal flu virus changes regularly, so last year's vaccine won't protect you from this year's flu virus. And remember the flu vaccine doesn't contain live viruses, so contrary to popular belief – the flu jab doesn't give you the flu!

If you have any queries regarding this please speak to our Nurse Practitioner, Ellen, who will be happy to answer your questions.

Flu Clinics will be held at Springmead Surgery on the following dates:

Saturday 1st October 2011	8.30am—12 noon
Saturday 5th November 2011	8.30am—12 noon

**We're on the
Web!**

**[www.springmead
surgery.co.uk](http://www.springmead
surgery.co.uk)**

Our new Patient Group

Would you like to have a say about the services provided at Springmead Surgery?

Why do you want to hear my views?

We are setting up a Patient Group so that we can hear the views of our patients and carers through a representative group about how the practice is doing.

We would like to be able to find out the opinions of as many patients and carers as possible and are asking if people would like to provide their email addresses so we can contact you by email every now and again to ask you a question or two.

What does it involve for me?

Once or twice a year, we will send you a survey to ask your views on how we are doing and what we can do better. We simply ask you to complete the survey and return it to us. We are happy to send this electronically or by post, please indicate which you would prefer.

Interested?

If interested, please complete the enclosed form and hand it back to Reception.

St John Ambulance Free Carers Support Programme

Do you care for someone at home? Do you feel isolated or under pressure? Would you like more skills and knowledge? Well, St John Ambulance, in association with Somerset County Council, offer a free course for carers.

The course is being held here at Springmead Surgery and comprises of 4 mornings of 3 hours, 10.30am - 1.30pm including lunch.

Thursday, 6 October	Week 1 - An introduction and a discussion on the Carer's role
Thursday, 13 October	Week 2 - First Aid and preventing falls
Thursday, 20 October	Week 3 - Safer moving and handling, continence and benefits
Thursday, 27 October	Week 4 - Dementia and stress management

To find out more information or to book your place, please contact Emily Lang at St John Ambulance, Somerset HQ on 01278 726740 or speak to Kirsty at the Surgery who will be happy to help.

Chard Carers Support Group

The Chard Carers Support Group, have a basic First Aid demonstration organised for September, this is being given by Emily Lang of St John Ambulance. In October a craft morning is planned and in November a session of 'Flexicise' is scheduled, which is an enjoyable gentle chair-based exercise routine.

The group meets at the Choughs Inn in the High Street, Chard at 10.30am to 12noon every second Monday of the month. All carers are welcome to this friendly group and to find out more please contact Kirsty at the surgery.

Welcome Dr Phil Trenholm

We would like to welcome, Dr Phil Trenholm, who is joining our Practice as the new partner. He has moved to the area from Stockport, Cheshire with his young family.

Dr Trenholm says "I am delighted to join Springmead Surgery and look forward to meeting our patients in due course."

We hope you find this information helpful, if you have any ideas for our next newsletter, please let Kirsty know.